

Masters

Lead Coach – Abbie Whiting

Assistants

Criteria

18yrs+ confident in 100m continuous swim and all 4 strokes.

All external swimmer wanting to join the programme are to contact Assistant Head Coach Dan on dan.cocking@cosss.co.uk to arrange a trial period

Competitions

Masters Counties

Masters Regionals

Swim England Masters Nationals

International Masters Events

Other Master competitions

Training Times

Monthly fees – 3 sessions £50 or 2 sessions £40

	Pool	Venue
Monday		
	20:00 - 21:00	Ponds Forge
Tuesday		
Wednesday		
	20:00 - 21:00	Ponds Forge
Thursday		
	19:30 - 20:30	Ponds Forge
Friday		
Saturday		